

MCRD Fitness Center now offers

MICRO-FIT

Open to

all eligible patrons aboard the depot.



PRE-EVALUATION GUIDELINES

If you have any of the following conditions, you will need a clearance form signed by your physician:

- Heart problems, chest pains, history of stroke
- Men over age 45, women over age 55
- Surgery within the past 12 months

Before your assessment, you should:

- Avoid exercise four hours prior to your assessment
- Avoid heavy meals
- Abstain from tobacco, alcohol & caffeine for three hours prior

Dress in athletic gear, preferably a T-shirt, shorts and athletic shoes. Women should wear a sport bra. No spandex shorts or sports tops.

Schedule your appointment today!

- Receive a free, state-of-the-art personalized fitness/lifestyle assessment
- Includes results & printed report of: weight, body fat, heart rate, blood pressure, flexibility, strength and cardio conditioning

***Active duty receive points for
101 Days of Summer***

619.524.4427



mccsmcrd.com

MCRD San Diego